

Build Knowledge of Parenting and Child Development

Podcast Transcript

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Parenting is so much more than changing diapers, wiping noses, and making broccoli seem as mouthwatering as pepperoni pizza. Sure, all of those tasks come with the territory, but we're also our children's first teachers. They reach their biggest milestones with our support and guidance and they learn how to act and react based on our own words and actions.

Funnily enough, being great teachers for our children results in homework for us! Rest assured, though, the time we put into learning about our children's development is time well spent. Reading parenting books and articles, talking to fellow parents and teachers, attending parenting seminars, and even browsing through trusted websites can help us stay one step ahead of our developing children.

Why is it important to stay a step ahead? We need to have at least a basic understanding of where our children are headed developmentally so we can confidently take their hands and guide them through important milestones and support them when they face frustrations as calmly and lovingly as we can. Knowing what to expect and when to expect it can make everything from sleep schedules and healthy feeding to physical development and potty training a whole lot easier to manage successfully.

Having an understanding of the stages of healthy child development can help us, as parents, have realistic expectations for our children and help us avoid situations that are frustrating for both our kids and us.

We want to set our children up for success and we want to give them every opportunity to grow and mature. By doing our homework and making adjustments to our expectations to match their developmental level and to meet their needs, we can cut down on frustrating situations and open the door to an even healthier, more positive relationship with our children.

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